Toxicologist reveals four simple ways to slash microplastics in your drinking water

05/28/2025 // Cassie B. // **840** Views

Tags: badhealth, cancer causes, clean food watch, clean water, ingredients, microplastics, natural remedies, Plastic, stop eating poison, toxins, water

- Microplastics from water, food, and air are linked to serious health risks like heart disease and cancer, yet most people are unaware of their widespread presence.
- Bottled water is a major source of microplastics, with research showing filtered tap water can drastically reduce exposure compared to plastic-bottled alternatives.
- Reusing or exposing plastic bottles to heat or cold accelerates microplastic release, making glass or stainless steel containers a safer choice.
- Boiling hard water traps microplastics in limescale, removing up to 90% of particles, while avoiding microwaving food in plastic reduces exposure significantly.
- Corporations produce massive amounts of plastic, polluting the environment and human bodies, but simple steps like filtering water and ditching plastic can cut health risks.

Microplastics are infiltrating your body through drinking water, food, and even the air you breathe. These tiny pieces of plastic, which are smaller than a grain of rice, are invisible toxins that have been linked to cardiovascular disease, cancer, and organ damage, yet most Americans remain unaware of the contamination lurking in their tap and bottled water. Now, a leading toxicologist reveals four simple steps to protect yourself from this modern-day plague.

Dr. Ming-Wei Chao, a board-certified toxicology professor at *Chung Yuan Christian University* in Taiwan, warns that everyday habits like reusing plastic bottles or steeping tea bags are flooding your system with microplastics that build up over time and contribute to problems like organ stress, cardiovascular disease. and inflammation.

The bottled water deception

Bottled water, marketed as "pure" and "clean," is one of the worst offenders. Switching to filtered tap water could reduce annual microplastic intake from 90,000 to just 4,000 particles, according to research published in *Genomic Press*.

Chao told NTDTV that polyethylene terephthalate (PET) bottles, the standard for bottled water, degrade with heat or reuse, leaching microplastics into your drink. "Reusing them, especially in hot environments, may deform or break them, releasing microplastics," he said. Even freezing these bottles accelerates plastic breakdown.

Four principles for cleaner water:

- Ditch plastic containers: Glass or stainless steel bottles are safest. If you must use plastic, choose heat-resistant polypropylene.
- Never reuse PET bottles: These degrade quickly, contaminating water with microplastics.
- Avoid harsh cleaning: Scrubbing plastic bottles worsens microplastic release.
- Filter and boil: Use activated carbon and reverse osmosis filters, then boil water to remove up to 90% of microplastics, according to a 2024 *Guangzhou Medical University* study.

Hidden dangers in tea and food

Tea bags, even paper ones, often contain plastic fibers that release microplastics when steeped. Chao advises switching to loose-leaf tea or cold-brewing to minimize exposure. Meanwhile, microwaving food in plastic containers releases 4.22 million microplastic particles per square centimeter in a staggering figure that underscores the need for glass or ceramic alternatives.

"Stopping the practice of heating food in plastic could be one of the most effective ways to reduce microplastic consumption," researchers noted. Highly processed foods like chicken nuggets contain 30 times more microplastics than unprocessed alternatives, thanks to industrial plastic use during production.

A groundbreaking study in *Environmental Science & Technology Letters* found boiling hard tap water traps microplastics in limescale (calcium carbonate), allowing removal with a simple filter. "This simple boiling water strategy can 'decontaminate' [microplastics] from household tap water," wrote biomedical engineer Zimin Yu. Hard water removed up to 90% of particles; even soft water reduced them by 25%.

This crisis stems from a broken system. Wastewater treatment plants cannot fully remove microplastics, allowing them to re-enter the environment. “As a result, many microplastics are being reintroduced into the environment, likely transporting other residual harmful pollutants in wastewater, such the chemicals Bisphenols, PFAS and antibiotics,” said Dr. Un-Jung Kim, citing chemicals like PFAS and antibiotics hitchhiking on plastic particles.

Corporations produce 460 million metric tons of plastic annually, a figure set to triple by 2050. Yet governments ignore the fallout—microplastics now pollute human placentas, brains, and blood. A *New England Journal of Medicine* study tied microplastics in artery plaques to a 4.5 times higher risk of heart attack or stroke.

Microplastics are the silent invaders of our age, a toxic legacy of corporate greed and regulatory failure. But you aren’t powerless. By rejecting plastic containers, filtering water, and embracing traditional alternatives like boiling, you can slash your exposure and reclaim your health. The solution isn’t complicated; it’s just being ignored by those by those who profit from the status quo.

Sources for this article include:

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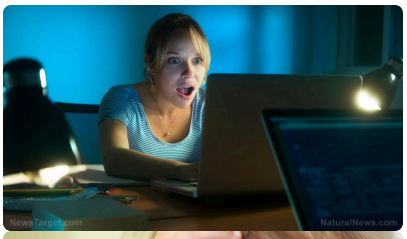

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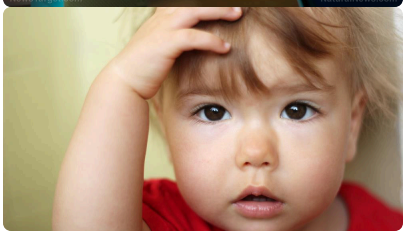

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